

SELF REFERRAL CLASSES

These classes provide extra patient education for conditions managed by your primary care provider. Motivated individuals who want to learn more about managing their conditions will find this a great self-help resource. Classes are open to any beneficiary and can be scheduled on a self-referral basis or as directed by the health care provider. A consult is not required. Call the Patient Appointment Service, 288-8888, to schedule an appointment. These classes also provide basic exercises for the conditions. If you have any questions, contact the Chief of Physical Therapy or one of the other credentialed therapists at 288-8039 or 288-8041.

MANAGEMENT OF NECK AND BACK PAIN:

Patients with long term or recent onset of neck and/or back pain without radiating pain, numbness, or tingling into the legs/arms will benefit from this class. The topics covered include: clinical anatomy; common problems; proper posture; proper body mechanics; workspace and office environment; sleep, fatigue, stress; and the prevention and treatment of neck and back pain. Patients can learn basic exercise techniques that should be performed consistently for four to six weeks before they are referred for specialty rehabilitation.

PREVENTION AND MANAGEMENT OF KNEE PAIN:

Patients with overuse-knee injuries will find this class useful. The course outline includes: clinical anatomy; prevention and treatment of knee pain; and how to select and buy proper running shoes. Basic exercises are demonstrated and practiced, and participants receive a log sheet to chart compliance. Patients should perform the exercises consistently for four to six weeks before they are referred for specialty rehabilitation.

PHYSICAL THERAPIST REFERRAL CLASSES

The following are additional classes offered by the Physical Therapy Clinic, but require a referral by a physical therapist to attend. How do I get a therapist to refer me? First, you must get a referral to the Physical Therapy Clinic by your primary care provider. Once you are evaluated, your therapist will determine if one of the below classes is right for you and your rehabilitation plan. Ask your therapist about the benefits of attending one of our classes and if any of them would be right for you.

AQUATIC REHABILITATION:

Patients in physical therapy who have a difficult time exercising on land may benefit from the comfort of exercising in an aquatic environment. The patients perform a variety of exercises in either a group or self-directed session. The goal of aquatic therapy is to improve strength, mobility, and endurance to reduce pain and improve function so the patient can return to land-based activities. Classes are held twice per week. All participants must have an appointment with Physical Therapy to attend this class. Aquatic Rehabilitation Classes are by physical therapy referral only. A physical therapist must perform an evaluation to determine if aquatic rehabilitation is appropriate for you.

FUNCTIONAL KNEE AND ANKLE TRAINING:

This challenging class pushes the patients' tolerance in performing sports related drills in order to improve knee and/or ankle function and allow the patient to return to full activities (including sports participation). Usually patients ready for this level of rehabilitation are near the end of their physical therapy course and close to returning to high-level activities. Classes are held Monday, Wednesday, and Friday. All participants must have an appointment for this class to attend. Participants must be evaluated by his/her physical therapist to determine if they are ready for this high intensity class.

LUMBAR STABILIZATION:

Achy backs benefit from lumbar stabilization exercises in this specialized class. Training in lumbar stabilization involves improving muscular control and strength in the muscles that count when it comes to supporting the spine. Improving this core strength is important for a healthy, strong back. Lumbar stabilization exercises can help you achieve the strength your back may need for better function and pain reduction. Class times are scheduled by the physical therapy clinic. Not all back patients are appropriate or ready for lumbar stabilization. All patients attending the Lumbar Stabilization class must be referred by his/her physical therapist.

OTHER SERVICES

DIABETES EDUCATION: A team approach to diabetes management. Instructors from a number of specialties teach the classes. Join the team towards managing your diabetes with a referral from your primary care manager.

NUTRITION CARE CLASSES: The Nutrition Care Division teaches a wide array of classes from weight control to heart healthy diets to pediatric nutrition. For a list of classes, go to <http://www.hood-meddac.army.mil> and select "Health and Wellness" and then "Nutrition". Most classes are self-referral, but check the website to determine if a referral is necessary before making an appointment. For self referral classes, you can call 288-8888 to make an appointment.

PATIENT SURGERY GUIDE: Having surgery and need some help to guide you through the process? The Patient Surgery Guide can help. You can access the Patient Surgery Guide online. Log-in to <http://www.hood-meddac.army.mil> and select "Health and Wellness" and then "Patient Surgery Guide." The Patient Surgery Guide is also available in hardcopy at various locations throughout the hospital. Ask your provider to help you locate one!

SELF CARE PROGRAM: A program open to all TRICARE Prime and TRICARE for Life beneficiaries. This class focuses on healthy living, treatment for minor illnesses and injuries, and recognizing when medical care is needed. Take control of your health and enroll in this class by calling the Patient Appointment Service at 288-8888.

SMOKING/TOBACCO CESSATION: If you want to quit smoking or stop using tobacco products, then this program is for you. Get the support you need to quit. You can choose from the Self-Help Approach, Getting Ready to Quit, and Team Support Classes. You can sign up for these classes by calling Patient Appointment Service at 288-8888 or signing up at the Population Health Center on the third floor of Darnall Army Hospital.

A
Body in Motion
Stays in **Motion**



MORE SERVICES...

SUPPORT GROUPS: Support groups provide a safe, supportive atmosphere where participants can share their stories about living and medical situations with others with similar experiences. There are numerous support groups available. For more information on types of support groups and meeting times and locations, call 288-8845 or 288-8846. You can also go online to <http://www.hood-meddac.army.mil> and select "Health and Wellness" and the "Support Groups" to learn more about the types of support groups available.

WEIGH TO LIVE: If you need guidance for long-term weight control management, the Weigh to Live program may be for you. This program focuses on lifestyle changes and a balanced approach to weight loss and management. Programs are offered mornings and evenings. To enroll, call 286-7625.

Need more information before you decide if a class is right for you? Go to <http://www.hood-meddac.army.mil>, select "Health and Wellness" and then look for the class you are interested in. Remember there are additional classes listed under "Nutrition" and the types of support groups available are listed under "Support Groups."

SOLDIERS FIRST



PROFESSIONALS ALWAYS



PHYSICAL THERAPY

A guide to Treatment & Recovery



Darnall
Army
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